



# Reaching Out

**F**or some of us, the hardest part of developing a support system is asking for help. We might be afraid we'll be considered weak if



we ask for help. Or we might worry that people will refuse to help, or that they will feel burdened by our request. But most people actually feel good about being able to help others. It reinforces that important human need to be needed.

If you're having trouble reaching out, ask yourself these questions:

**Who would you ask for help if you weren't afraid to?**

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**What fears keep you from asking?**

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**How would you feel if someone asked you for this same help?**

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**What specific things could you do to get more help and support?**

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**Specific things you could ask a person for would be information, suggestions, shared experiences, or new contacts. Good beginnings might include:**

- Do you know anyone who could help me with...?
- I'm trying to get more information about...
- I'm looking for people who might have worked with...

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